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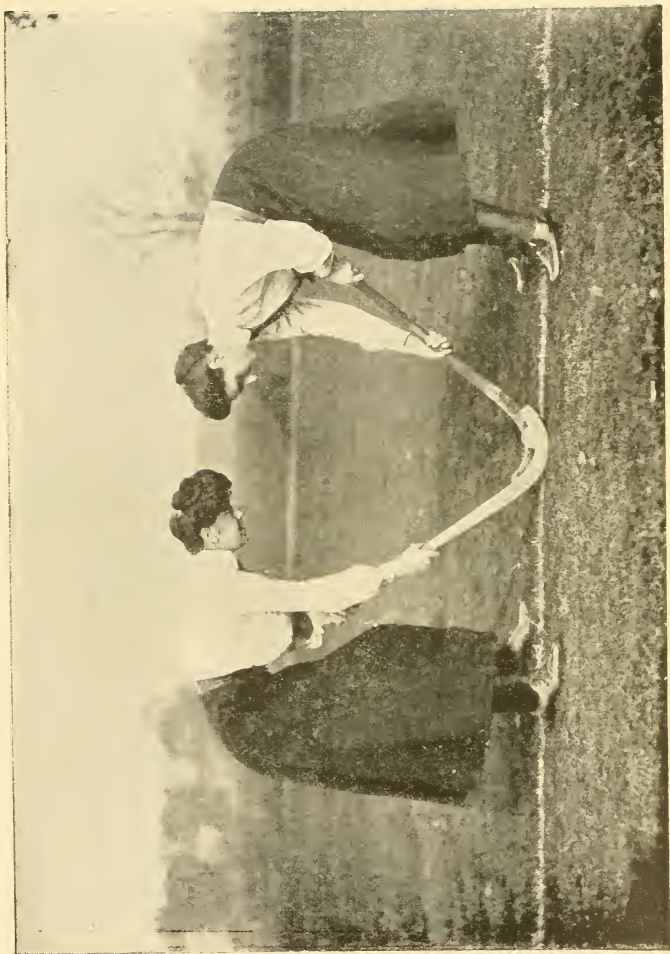
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Constance's Field Hockey Handbook

SPALDING "RED COVER" SERIES OF
ATHLETIC HANDBOOKS No. 38R

FIELD HOCKEY

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A. F. H. A.

COMPILED BY
CONSTANCE M. K. APPLEBEE

MEMBER OF THE BRITISH COLLEGE
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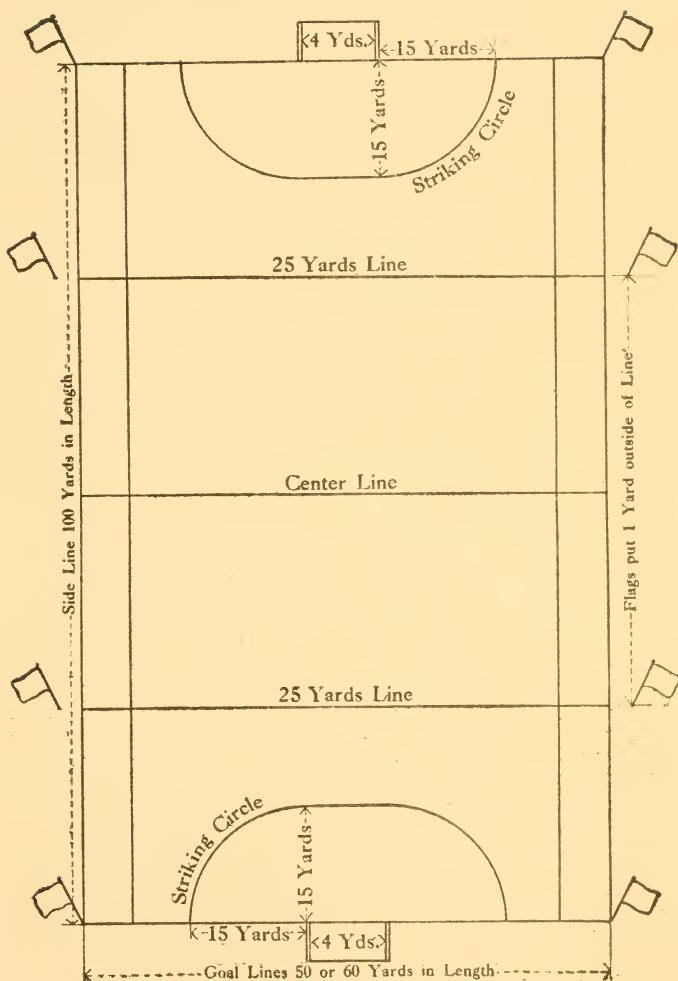
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no 1

Introduction

In the autumn of 1901 the game of English Field Hockey was introduced and given a permanent place in the athletics of the American Colleges for women. Among the first were Vassar, Wellesley, Smith, Bryn Mawr and Radcliffe. So much interest and enthusiasm did the game arouse among the students that in one college alone 500 members were enrolled in the first hockey club. Although the game of hockey can be traced back to 1527 in England and 1387 in France it was only in 1875 that the "Men's Hockey Association" was formed and the game was placed on a sound basis. In 1886 the first women's club was started and gradually the game became the favorite winter sport among English women. This was followed in 1895 by the uniting of the various clubs in the "All England Women's Hockey Association," and from that time the game increased by leaps and bounds. "Punch," who is always first to note the swing of fashion, set his hall mark on the game and suddenly mixed hockey matches and ladies' hockey matches became the prevailing craze. While English women now regard it as "The king of games," in the realm of men's and boys' sports, in spite of the existence of foot ball, it is yearly taking a more prominent place. Both men and women play under exactly the same rules and mixed clubs are very popular. Although this hand-book is compiled especially for women, the rules and science of the play are precisely the same as those laid down in the books on men's hockey or mixed hockey.

In the United States the game is pre-eminently a fall game and is not suited to the spring months. This unfortunately entails a somewhat short season, but in spite of this drawback interest in hockey is becoming widespread in the leading country clubs, colleges, private and public schools. So popular, for instance, is the game at Bryn Mawr College, that about seventy-five per cent. of the students play it, and each class has three hockey teams which compete in interclass games for the first, second and third team hockey class championship cups. Well does hockey deserve its present popularity and success, for it is a splendid, scientific and healthful game, and, furthermore, from the different work required on different parts of the field, it is adapted to all types of players, increasing in them all mental alertness, vigor and endurance, those necessary factors in a successful life.



The Ground and Outfit

The dimensions of the regulation hockey field are 100 yards in length by not less than 50 yards nor more than 60 yards in breadth. This space must be marked out with lime lines and with a flag at each corner. Care must be taken that the angles are right angles. The longer lines are called the "side lines" and the shorter ones the "goal lines."

Across the ground 50 yards from each goal line is marked the "center line," with a cross in the center. Each half of the ground is again divided by a line called the "25-yard line."

Five yards inside each side line is marked a line, parallel with the side line; this is called the "5-yard line."

In the center of the goal line and four yards apart are placed the goal posts; these are uprights, seven feet high, with a horizontal bar stretching from one to the other.

In front of each goal and 15 yards from it is drawn a line 4 yards long, parallel to the goal line. The ends of this line are carried round in a curve, forming a quarter circle with the goal post as center until they reach the goal line at a point 15 yards from the nearest goal post; this flattened semi-circle is called the "striking circle."

Should a full-sized ground not be possible, use as much space as is available and alter the proportions of the dimensions; *e. g.*, if the full width is possible but the field is only 80 yards in length, make a field 80 by 50; or if, on the other hand, it is 100 yards in length and only 45 yards in width, make the field 100 by 45. In all cases divide the length of the field into four equal parts, but always keep the striking circle the regulation size, *i. e.*, 15 yards radius.

The field must be a level, smooth stretch of turf, kept short and well rolled. The better the condition of the ground, the greater can be the accuracy and skill of play. If space in the school or in the country club is not available, cricket, base ball or foot ball fields may often be had for one or two days a week during the hockey season. In New York City the schools play hockey in the public parks, on fairly secluded lots set apart for their use especially. When no better is available, an ordinary flat field or lot, if rolled and looked after a little, will answer the purpose in the beginning, and then when the game is well started and the players reach the stage of skilful play, an enthusiastic club will have less difficulty in procuring a suitable field for the next season.

The Stick.—A good stick is of greatest importance. Sticks should weigh from 21 to 25 ounces. The most useful weight for a beginner is 22 ounces; with this she can play in any place on the field. The general custom is a 21 to 22 ounce stick for the forwards, 21 to 23 ounce stick for the half-backs, 23 to 25 ounce for the backs and goal-keeper. The average height is about 3 feet 2 inches. But in this, as in the weight, each individual is the best judge as to which suits her particular mode of play, and which, while long enough to prevent stooping, is not so high as to impede easy and free wrist play.

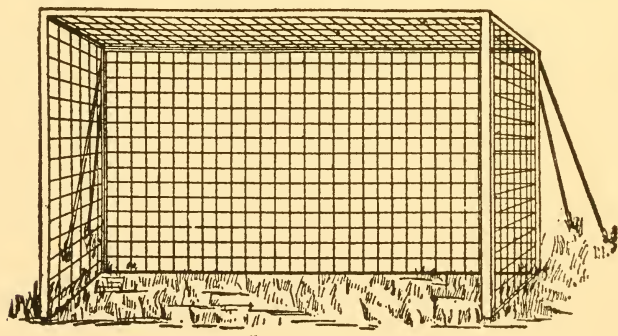
The sticks are made of ash or hickory, or the better kind with ash blades and cane handles. The cane handle gives a spring to the stick which sends a clean driving hit without any jar to the hands.

The best modern sticks are made with "bulger heads." This thick head gives greater accuracy to the aim and a better control over the ball in hitting. It is a good plan to bind sticks with bicycle tape, as this prevents their splintering.

Ice hockey sticks are no good for field hockey and should never be used, especially not by beginners, as the correct strokes cannot be learned with these sticks.

The Balls.—The ball is a regulation leather cricket ball painted white. Each team should have two or three balls so that a newly painted ball is used at each practice. For match games a newly painted ball must be used for each half.

The Goal.—It is now the general custom on hockey fields to have nets or chicken wire affixed to the back of the goal posts.



Hockey Goal Nets.

Though not an actual necessity they are a great convenience. In the case of a hard shot it is sometimes difficult for the umpire to decide whether the ball had gone through the goal or at the side of it. With nets properly fixed this point cannot arise. If the ball passes between the goal posts it will be stopped inside the net and disputes between awarding "a goal" or "25-yard bully" are rendered impossible.

ON DRESS.

Each club should have distinguishing colors. The usual hockey costume is a short skirt, from six to ten inches from the ground, made in the club color, under which bloomers, not very full, should be worn; petticoats should not be worn, for however short they impede running. For a blouse, middy blouses or tennis shirts are loose and comfortable; the tie should be in the club colors.

Keeping comfort and play in view, the hair should be securely fixed; opportunities are so often lost by a player who at the crucial moment has to attend to hairpins, or loose braids, instead of the ball.

Footwear depends on the whim of the individual player. Heavy boots or shoes are best for the feet, though some prefer the lightness of tennis shoes or sneakers. Backs and goal-keepers, since they use their feet so much in stopping the ball, should always wear heavy shoes. Metal spikes or nails on shoes are forbidden, but bars of leather or studs on the soles are permissible and will prevent slipping in wet or frosty weather. Shin guards with ankle pads should always be worn by all the players on the field; though somewhat awkward to run in, players soon become accustomed to them and experience soon teaches one what a feeling of confidence they give when attempting to stop an oncoming ball.

Gloves, especially golf or cricket gloves, are often worn and they save one's hands. The backs and goal-keepers will find them necessary on chilly days. Clubs should insist on their members wearing the regulation dress for all practice and match games. The game cannot be successfully played otherwise.

From a spectacular point of view a uniform adds greatly to the general effect of the game, as any one knows who has watched the games between the Bryn Mawr and Philadelphia teams, or a match between the All England Women's Hockey Team and the Irish Team. The English uniform is a red skirt, white blouse and red tie, with a rose embroidered on the pocket of the blouse. The Irish uniform is a green skirt, white blouse with green tie, and a shamrock leaf on the pocket of the blouse.

The effect of these twenty-two players working up and down the field is most attractive, to say nothing of the ease with which the various plays can be followed by the onlookers and officials, and of the better team work which is possible when the players can so easily tell friends from foes.

In the interest of the game it behooves hockey players to be suitably dressed. Few women will be induced to join hockey teams when they see their friends coming off the field presenting a generally dishevelled appearance; a good-looking hockey costume enables one to come off as trim as one went on, and in itself can be as becoming as any other dress,

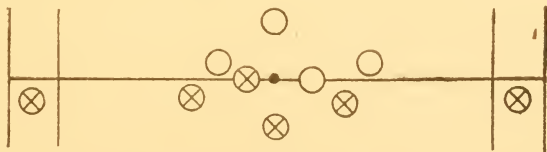
The Game and Positions of the Players

The game is played by twenty-two players, eleven on each side. Each eleven consists of five "forwards," three "half-backs," two "full-backs," and one "goal-keeper."

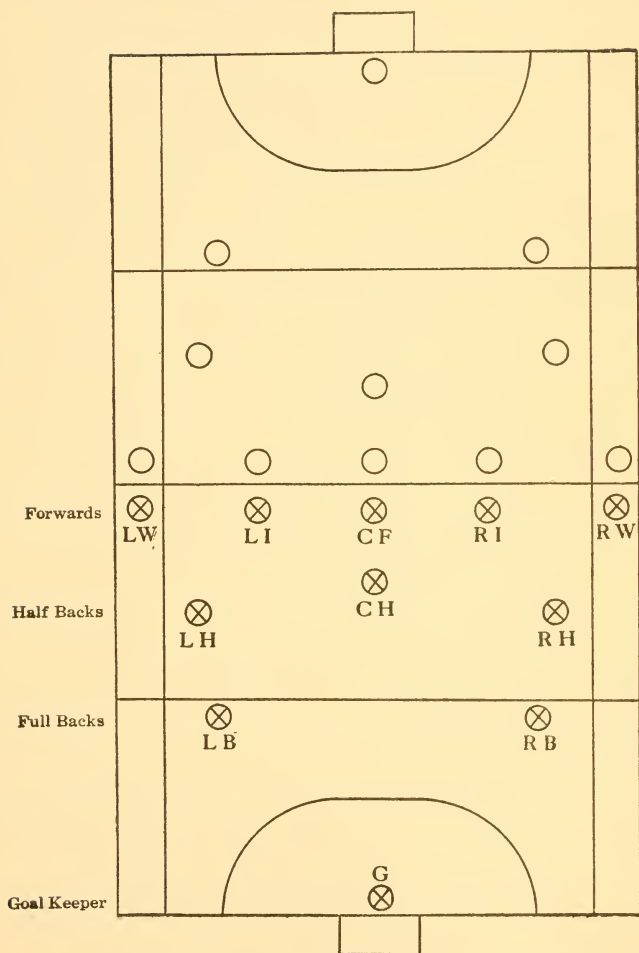
At the start of the game and after half time, each team lines up on its own half of the field facing its opponents' goal in the following positions: Close to the center line stand the five forwards; in the center the Center Forward (C.F.); on her right stands the Inside Right (I.R.); between the five-yard line and the side line stands the Right Wing (R.W.); on the left of the Center Forward stands the Inside Left (I.L.), and the Left Wing (L.W.). About fifteen yards behind the forward line stand the Half-backs, the Center Half (C.H.) stands directly behind the Center Forward, the Right Half stands behind midway between the Right Inside and the Right Wing, the Left Half-back in a similar position on the left side. About as far back as the 25-yard line stand the Full-backs, right and left (L.B.), (R.B.); three feet in front of the goal stands the Goal-keeper.

The referee places the ball in the center of the field and the game is started by the two center forwards "bullying off"; each center forward stands squarely facing the side lines, her left shoulder towards her opponents' goal; each then taps the ground with her stick on her own side of the center line and then her opponent's stick over the ball three times, after which either center may strike the ball.

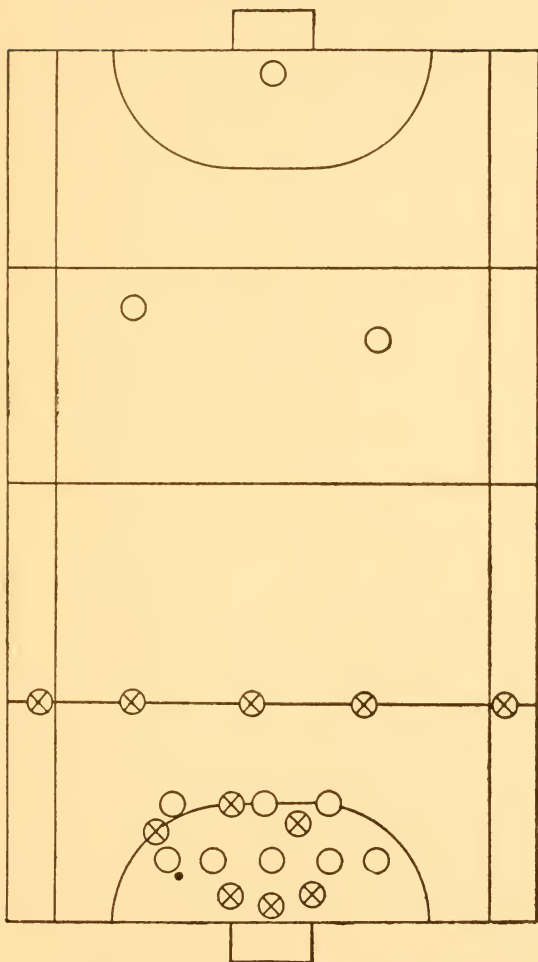
During the "bully off" the center half and the inside forwards close in a little around the bully, each being ready to take the ball should it come her way.



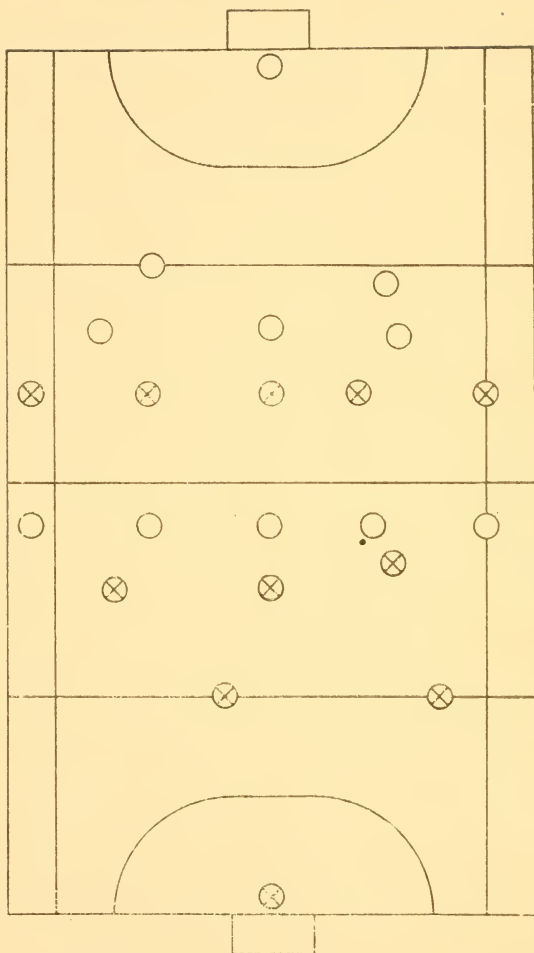
Let us suppose a green and a brown team are playing together and the green center forward strikes at the ball first; she will send it towards and a little ahead of her left inside who runs forward to get it; simultaneously all the green forwards run



Positions of players.



Positions of players when ball is in the circle



forward crossing past the brown forwards and keeping in line with the green inside forward who now "dribbles" the ball, *i. e.*, takes it down the field with a succession of short hits (like rolling a hoop, keeping the ball always within reach of her stick). But now the green inside forward finds a brown half-back advancing to meet her and trying to rob her of the ball.

The green inside forward will now quickly pass the ball to her wing or back to her center, or perhaps across the field to the right wing who will try to get a long dribble down the field past the opposing full-back, and so, by passing the ball back and forth to each other and dribbling when not guarded, the green team manages to get the ball into their opponents' striking circle and when once the ball is within the circle a goal may be scored. So the green forwards bend their energies to shooting the ball between the posts, while the brown goalkeeper with her full-backs, who have come back to help her, all do their best to defend the goal and drive the ball out of the circle, to their own half-backs. These brown half-backs have come back to the edge of the circle to receive the ball and send it off to their own forwards who have followed the play down the field as far as the 25-yard line and are anxiously waiting for the lucky pass which will put them in possession of the ball, so that they in their turn may have a chance to get it down to the other end of the field.

Of course in practice this easy progress of the green team down the field to the circle is possible only in a description on paper, for in an actual game many will be the checks and counter checks, and the passing and repassing of the ball from the greens to the browns, before the circle can be gained and a goal scored; but from this brief description the general plan of the game can be gathered.

Rules of Field Hockey

1. **TEAMS.**—A game of hockey shall be played by two teams of eleven players. The correct constitution of a team is five forwards, three half-backs, two backs, and a goal-keeper, but this formation shall not be compulsory. The duration of the game shall be 70 minutes (unless otherwise agreed by the respective captains), half-time being called after 35 minutes' play, when the teams shall change ends.

2. **CAPTAINS.**—The captains shall (1) toss for choice of ends; (2) act as umpires, if there be no umpires, or delegate the duties of umpires to one member of their respective teams; and (3) indicate the goal-keepers for their respective teams before starting play, and after any change of goal-keeper.

3. **GROUND.**—*The ground shall be rectangular, 90 to 100 yards long for Clubs, not less than 85 yards long for Schools, and not more than 60 nor less than 55 yards wide.* The ground shall be marked with white lines in accordance with plan on page 4; the longer boundary lines to be called the side lines, and the shorter boundary lines to be called the goal lines. A flag-post shall be placed for the whole game at each corner, and at the center of each side line, one yard outside the line, and any other flag posts must be a yard outside the ground. All flag posts shall be at least four feet high.

4. **GOALS, POSTS, &c.**—A goal shall be in the center of each goal line, and shall consist of two posts four yards apart (inside measurement), joined together by a horizontal cross-bar 7 feet from the ground. The goal posts shall not extend upward beyond the cross-bar, nor the cross-bar sideways beyond the goal posts. The posts shall be two inches broad and not more than three inches in depth, and the cross-bars shall have rectangular edges. Nets shall be attached to the posts, cross-bars, and to the ground behind the goals.

5. **STRIKING CIRCLE.**—In front of each goal shall be drawn a white line 4 yards long, parallel to, and 15 yards from, the goal line. This line shall be continued each way to meet the goal line by quarter circles having the goal posts as centers. The space enclosed by these lines and the goal lines, including the lines themselves, shall be called the striking circle.

6. **BALL.**—The ball shall be a leather cricket ball painted white or made of white leather.

6. **Umpires** shall forbid the use of any other ball.

7. **STICKS.**—A stick shall have a flat face on its left-hand side only. The head of a stick (*i. e.*, the part below the top of the splice) shall not be edged with, or have insets or fittings of hard wood or of any other substance, nor shall there be any sharp edges or dangerous splinters. Each stick must be of such size that it can be passed through a 2-inch ring. An indiarubber ring, 4 inches in external diameter when on the stick may be used, but, everything included, the total weight must not exceed 28 ounces. The extremity of the stick must not be cut square or pointed, but must have rounded edges.

7. Umpires shall prohibit play with a stick which does not comply with this rule.

NOTE.—*Electric tape or adhesive binding on the head of the stick is allowed subject to its not preventing the head passing through a 2-in. ring.*

8. **BOOTS, HAT-PINS, &c.**—No player shall wear hat-pins, or sailor or other hard-brimmed hats, or have any metal spikes or projecting nails in boots or shoes. The skirt shall be at least 8 inches from the ground all round.

9. **"BULLY-OFF."**—The game shall be started by one player of each team together bullying the ball in the center of the ground (and after each goal and half-time). To bully the ball each player shall strike *first the ground on her own side of the ball and then her opponent's stick three times alternately*; after which one of these two players must strike the ball before it is in general play. In all cases of bullying, the two players who are bullying shall stand squarely facing the side lines. Every other player shall be nearer to her own goal line than the ball is (except in the case of a penalty bully).

PENALTY.

9. For any breach of this rule the "bully" shall be taken again.

10. **GOAL.**—A goal is scored when the whole ball has passed entirely over the goal line under the bar, the ball, whilst within the striking circle having been hit by or glanced off the stick of an attacker. Should the goal posts or bar become displaced, and the ball pass at a point which, in the opinion of the umpire, is between where the posts or below where the bar should have been she shall give a goal.*

11. **OFF-SIDE.**—When a player hits or rolls in the ball, any other player of the same team who is nearer her opponent's goal line than the striker or roller in at the moment when the ball is hit or rolled in, is off-side, unless there be at least three of her opponents nearer to their own goal line than she is. She may not play the ball nor in any way interfere with any other player until the ball has been touched or hit by one of her

*Each goal scores 1 point; highest score wins.

opponents. No player, however, shall be off-side in her own half of the ground, nor if the ball was last touched or hit by one of her opponents, or by one of her own team who, at the time of hitting, is nearer her opponents' goal line than herself.

PENALTY.

11. Inside or outside the circles.

For any breach the penalty shall be a free hit by one of the opposing team on the spot where the breach occurred.

No player shall be penalized for merely standing in an off side position; there is no breach of the rule unless a player when in such position gains any advantage or plays the ball or interferes with another player.

12. GENERAL DETAILS.—The ball may be caught (but must be immediately released to fall perpendicularly to the ground) or stopped, but may not be picked up, carried, kicked, thrown, or knocked on or back, except with the stick. No player shall gain an advantage by the use of any part of her person or apparel except such as may accrue from stopping the ball. The foot, if used for that purpose, shall be taken away immediately. There shall be no play with the rounded back of the stick, no charging, kicking, shoving, shinning, tripping, personal handling, or hooking. There shall be no hooking of nor striking at nor lifting of sticks. A player may not obstruct by running in between her opponent and the ball, nor cross her opponent's left unless she touches the ball before her opponent's person or stick, nor may she in any way interpose herself as an obstruction.

The goal-keeper shall not be penalized if in stopping a hit at goal the ball does not fall perpendicularly to the ground, having in the umpire's opinion merely rebounded off her open hand. She shall also be allowed to kick the ball, but only in her own striking circle. In the event of her taking part in a penalty bully, these two privileges shall not be allowed her. A ball touching an umpire or post is in play unless it goes off the ground. No player shall in any way interfere with the game unless her stick is in her hand.

PENALTIES.

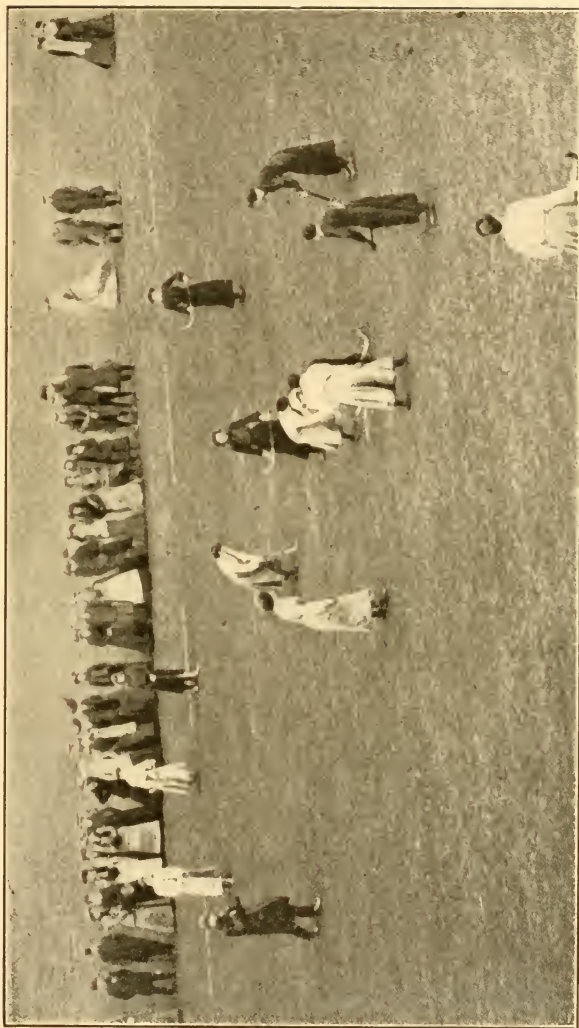
12. (1) Outside the circles.

For any breach the penalty shall be a free hit for one of the opposing team on the spot where the breach occurred.

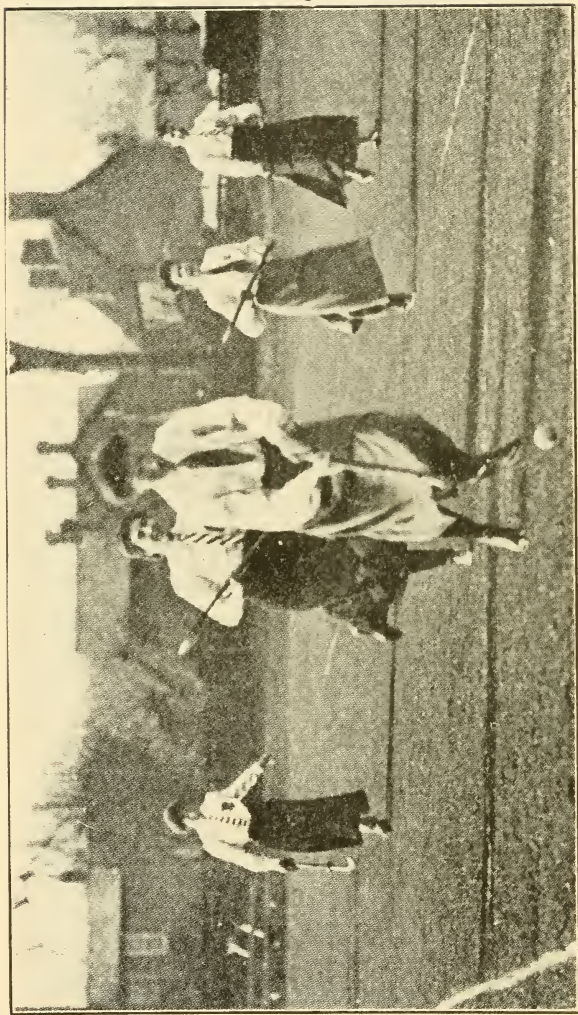
(2) Inside the circles.

(a) For any breach by the attacking team the penalty shall be a free hit for the defending team.

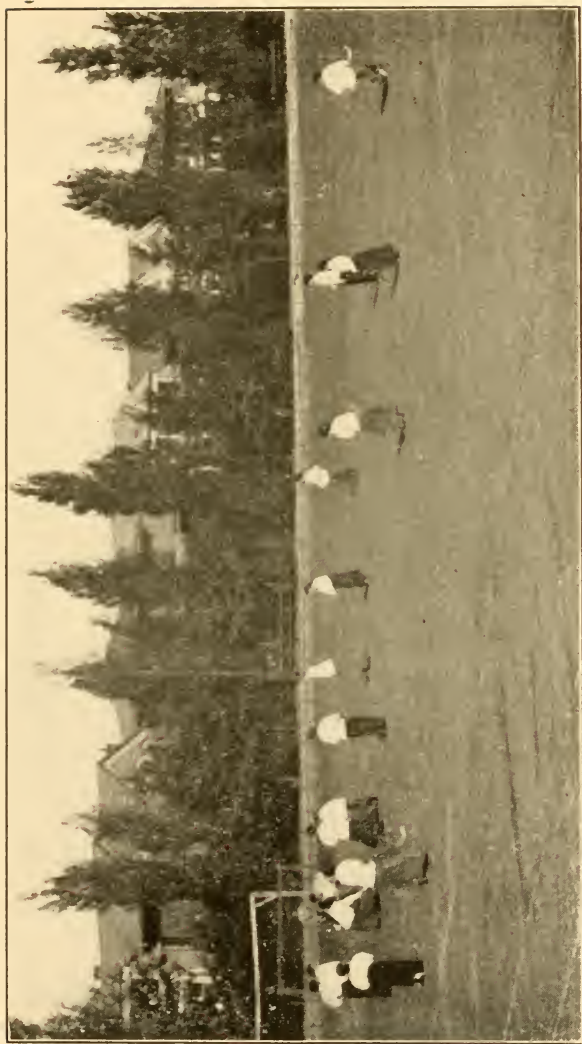
(b) For any breach by the defending team the penalty shall be a "penalty corner" or a "penalty



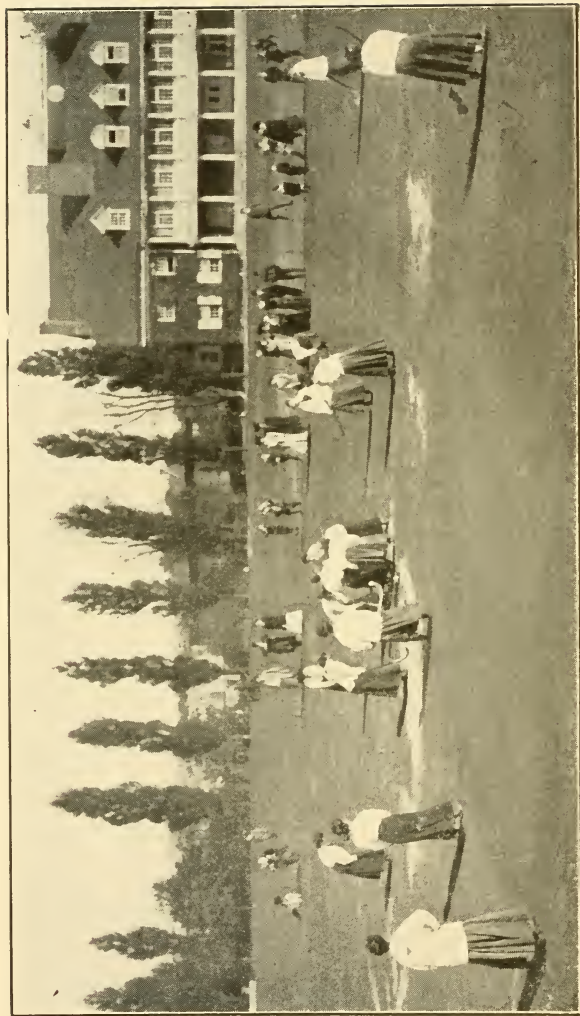
"Center Bully" at start of game.



Right Wing taking the ball down the field.



A shot at goal.



Start of a match game on the grounds of the Germantown (Pa.) Hockey Club.

bully" on the spot where the breach occurred. A penalty bully should only be given for a wilful breach of a rule or when a goal would most probably have been scored but for the occurrence of the breach of the rule.

(3) Inside or outside the circles.

In the event of two players being simultaneously at fault, the umpire shall give a bully at the spot where the breach of rule occurred.

13. "STICKS."—When a player strikes at the ball, no part of her stick must in any event rise above her shoulders at either the beginning or end of the stroke.

PENALTIES.

13. Inside or outside the circles.

In the event of two players being simultaneously at fault, the umpire shall give a bully at the spot where the breach of rule occurred.

(1) Outside the circles.

For any breach the penalty shall be a free hit for one of the opposing team on the spot where the breach occurred.

(2) Inside the circles.

(a) For any breach by the attacking team the penalty shall be a free hit for the defending team.

(b) For any breach by the defending team the penalty shall be a "penalty corner" or a "penalty bully" (except in the case of "sticks" when a "penalty corner" only shall be allowed). A "penalty bully" should only be given for a wilful breach of a rule, or when a goal would most probably have been scored but for the occurrence of the breach of the rule.

14. "UNDERCUTTING."—No player shall intentionally undercut the ball.

Note.—This rule is not intended to penalize the "scoop" stroke which raises the ball nor the hitting of the ball when in the air except as provided for in Rule 15.

PENALTIES.

(1) Outside the circles.

For any breach the penalty shall be a free hit for one of the opposing team on the spot where the breach occurred.

(2) Inside the circles.

(a) For any breach by the attacking team the penalty shall be a free hit for the defending team.

(b) For any breach by the defending team the penalty shall be a "penalty corner" or a "penalty bully" (except in the case of "sticks" when a "penalty corner" only shall be allowed). A "penalty bully" should only be given for a

wilful breach of a rule, or when a goal would most probably have been scored but for the occurrence of the breach of the rule.

15. **FREE HIT.**—On the occasion of a free hit, no other player than the striker shall be within 5 yards of the spot where such hit is made, and after taking such hit the striker shall not participate in the game until the ball has been touched or hit by another player. She must fairly hit the ball, "scooping" up not being allowed. If the striker hit at but miss the ball, the stroke shall be taken again by her, provided that she has not given "sticks."

PENALTIES.

15. If any player, other than the striker, be within 5 yards of the ball at the time of a free hit, the umpire shall order the hit to be taken again, except as specially provided for in this rule.

If the striker, after taking such hit, participates in the game again before the ball has been touched or hit by another player:

- (1) Inside the circles.

The umpire shall give a "penalty corner."

- (2) Outside the circles.

The umpire shall give a free hit to one of the opposite team to the offender.

If the ball is "scooped up"

- (1) Outside the circles.

The umpire shall give a free hit to one of the opposite team to the offender.

- (2) Inside the circles.

The umpire shall give a "penalty corner."

16. **PENALTY BULLY.**—A penalty bully shall be played by the offender, and by any player selected by the other team on the spot where the breach occurred. All other players shall be beyond the nearer 25 yards line in the field of play, and shall not cross such 25 yards line or take any further part in the game until the penalty bully is completed. If during the progress of a penalty bully the ball goes over any part of the goal line other than that between the goal posts off the stick or person of the offender, the penalty bully shall be taken again; if the ball goes over the goal line between the goal posts off the stick or person of the offender, a penalty goal shall be awarded to the attacking team. In all other cases as soon as the ball has passed wholly over the goal line (not between the goal posts), or outside the striking circle, the game shall be restarted by a bully on the center of the nearer 25 yards line.

PENALTIES.

16. (a) Breach of any rule by the offender (except Rule 9).

The attacking team shall be awarded a penalty

goal, which shall be of the same value as an ordinary goal.

- (b) Breach of any rule by the player selected by the attacking team (except Rule 9).
The defending team shall be allowed a free hit.
- (c) Simultaneous breach of any rule by both players. The bully shall be taken again.

17. **ROLL-IN.**—When a ball passes wholly over the side line, it shall be rolled in along the ground (and not bounced) into play by hand from the point where it crossed the side line in any direction by one of the team opposite to that of the player who last touched it. Players may cross the 5 yards line immediately the ball leaves the hand of the roller-in. The ball may be rolled in at once, but no player shall stand (herself or her stick) within the 5 yards line; should, however, the umpire consider that a player is standing within the 5 yards line to gain time, she shall not stop the game. The roller-in must have both feet and stick behind the side line, and may only play the ball again after another player.

PENALTIES.

- 17. (a) Breach of the rule by the player who rolls in.
The roll-in shall be taken by a player of the other team.
- (b) Breach of the rule by any other player.
The roll-in shall be taken again except as especially provided for in this rule.

18. **BEHIND.**—(a) If the ball is sent behind the goal line by a player of the attacking team, or glances off the stick or person of, or be unintentionally, in the umpire's opinion, sent behind the goal line by one of the defending team who is farther away from her own goal line than the 25 yards line, it shall be brought out 25 yards in a direction at right angles to the goal line from the point where it crossed the line and there "bullied."

(b) If the ball glances off, or is, in the umpire's opinion, unintentionally sent behind the goal line by any player of the defending team behind the 25 yards line, she (the umpire) shall give a corner to the attacking team.

(c) If, however, the ball is intentionally, in the umpire's opinion, sent behind the goal line by any player of the defending team, the umpire shall give a penalty corner to the attacking team.

19. **CORNER.**—A player of the attacking team shall have a hit from a point on the side or goal line within 3 yards of the nearest corner flag, and at the moment of such hit all the defending team (their sticks and feet) must be behind their

own goal line, and all the attacking team must be outside the circle in the field of play.

Provided that no player shall stand within 5 yards of a striker when a corner hit is taken, and that no goal can be scored from a corner hit by the attacking team unless the ball has been stopped, *not necessarily* motionless, on the ground by one of the attacking team, or has touched the person or stick of one of the defending team, before the last stroke of the attacking team. A player hitting a corner hit cannot participate in the game again until the ball has been played by another player. On taking a corner hit, if the striker miss the ball she shall take the hit again, provided she does not contravene Rule 13.

PENALTIES.

19. If the striker after taking such hit participates in the game again before the ball has been touched or hit by another player, the umpire shall give a free hit to one of the opposite team to the offender. *For shooting at goal before the ball has been stopped, not necessarily motionless on the ground, a free hit for the defending side.*

20. PENALTY CORNER.—A player of the attacking team shall have a hit from any point on the goal line she may choose, and at the moment of such hit all the defending team (their sticks and feet) must be behind their own goal line, also all the attacking team must be outside the striking circle in the field of play.

Provided that no player shall stand within 5 yards of the striker when a penalty corner hit is taken, and that no penalty corner hit shall be taken at a less distance than 10 yards from the nearest goal post, and that no goal can be scored from a corner hit by the attacking team unless the ball has been stopped, *not necessarily* motionless, on the ground by one of the attacking team, or has touched the person or stick of one of the defending team before the last stroke of the attacking team. A player hitting a penalty corner hit cannot participate in the game again until the ball has been played by another player. On taking a penalty corner hit, if the striker miss the ball she shall take the hit again, provided she does not contravene Rule 13.

PENALTIES.

20. If the striker after taking such hit participates in the game again before the ball has been touched or hit by another player, the umpire shall give a free hit to one of the opposite team to the offender. *For shooting at goal before the ball has been stopped, not necessarily motionless on the ground, a free hit for the defending side.*

21. UMPIRES.—Each umpire shall take half the ground for the whole game without changing ends. She shall also take one side line and give decisions as to the roll-in (but not the corner hit) in both halves of the ground. The umpire shall allow (the

elements permitting) the full or agreed time, neither more nor less, deducting all wastage, and keep a record of the game. In the event of a penalty bully falling to be taken on the call of half-time or time, an umpire shall allow extra time until either a goal has been scored, or the penalty bully has been completed. Until a decision is given the ball is in play. If there be only one umpire there should be two linesmen to give decisions as to the ball passing over the side lines, and as to where and by which team the ball shall be rolled in.

Umpires and linesmen are debarred from coaching during a game.

The umpire shall refrain from putting the provision of any rule into effect in cases where she is satisfied that by enforcing it she would be giving an advantage to the offending team.

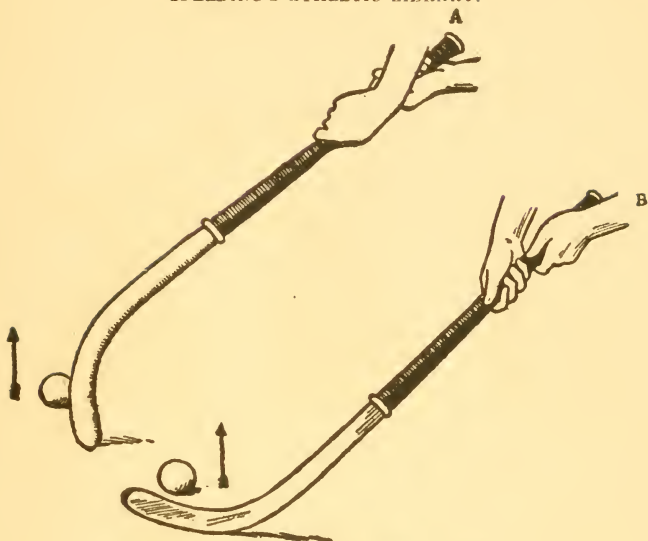
The umpires shall give all decisions without waiting for an appeal.

22. **ROUGH PLAY AND MISCONDUCT.**—For rough play or misconduct the umpire shall have a discretionary power to warn the offending player, or to suspend her from further participation in the game.

23. **ACCIDENTS.**—When a player is temporarily incapacitated the umpire shall suspend the game. When it is resumed the ball shall be bullied off on a spot to be chosen by the umpire in whose half of the ground the player was hurt.



Figs. 1 and 2 show wrong position of stick before hitting ball. Fig. 3 shows wrong position of stick after hitting ball. Figs. 4 and 5 show right position of stick while waiting for or running to meet the ball. Fig. 6 is a rear view of first position in hitting the ball.



Back-handed play. A, legal; B, illegal.



A neat back-handed stroke with reversed stick.

Notes on the Rules

RULE 11.

(1) A player is always "off-side" if she is in front of the ball at the time of hitting, unless there are three or more of her opponents nearer their own goal line than herself. (2) A player is never "off-side" if there are three or more of her opponents nearer their own goal line than herself at the moment the ball was hit. (3) A player cannot be "off-side" if the ball was last played, *i. e.*, touched or hit by one of her opponents (subject to the 5-yard rule), or by one of her own side, who at the time of hitting is nearer her opponents' goal line than herself.

RULE 12.

There shall be no play with the rounded back of the stick.

RULE 13.

No part of the stick may rise above the shoulders either before or after hitting. To avoid giving "sticks" beginners should always learn to carry their sticks correctly when running or waiting for the ball, and to start their hit by swinging the stick a little to the rear of the body.

RULE 15.

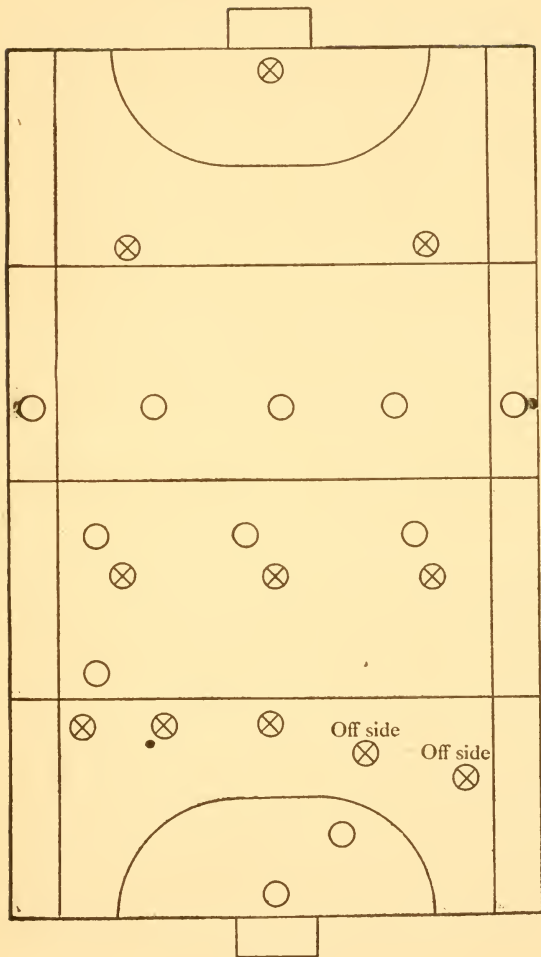
The free hit is generally taken by a half-back, or if the ball is in the circle by a full-back. The hit should be taken as quickly as possible after the umpire has put the ball in position, the forwards getting into position before the opponents can cover them.

RULE 17.—*The Roll-in.*

The roll-in is usually taken by the half-back and rolled up the field to a forward or, possibly, to the center half-back. If the roll-in is to be taken near a team's own goal it is a good plan to let a full-back take the roll-in. As in the case of the free hit, the "roll-in" should be taken as quickly as possible, as then an advantage can be gained by getting the ball to one's forward before she can be guarded. The best line-up is similar to that in the free hit except that no player may be in the 5-yard alley.

RULE 19.—*Corner.*

The corner hit is usually taken by the wing or the half-back.



Showing "Off-side." Rule 11.

The defending team may not cross their goal line until the *ball is hit*. They may not cross the line on the whistle, should the umpire whistle for the hit to be taken.

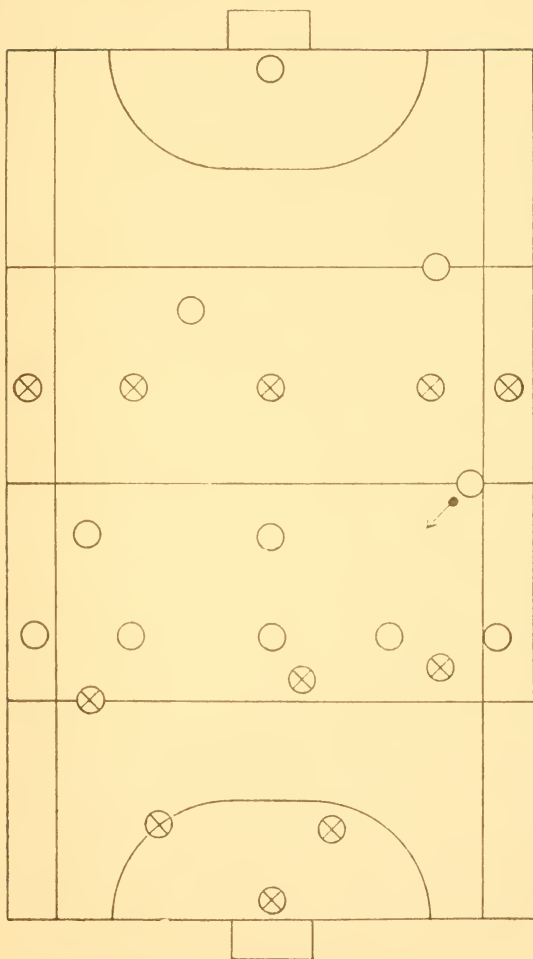
RULE 21.—*Umpires.*

Teams should be particular to secure good umpires for match games. A poor umpire can entirely spoil a game.

The umpire must have played the game herself, have a thorough knowledge of the rules, quick sight, concentrate her attention on the game, never hesitate in her decisions, and have learned from experience the fair decisions to come to under any unusual circumstances which may arise in the game.

The umpires should be careful to whistle loudly so that all the players on the field can hear, and should announce the decision also in a voice loud enough for both the teams to hear, so that the players can immediately take their positions. Nothing is so annoying as losing the advantage of a "free hit" or "roll-in" because the players could not hear the umpire's decision.

Further, the umpire should realize that while being strict and impartial and unflinching in enforcing rules, it is at the same time possible to be pleasant and good-tempered, and that the good spirit of the umpire adds greatly to the good spirit of the teams. Since the umpire is responsible for the good sporting conduct of the match game, she should be more than ready to do all that lies in her power in this direction.



O Half-back taking the free hit about to send the ball to the Left Inside or the Left Wing.

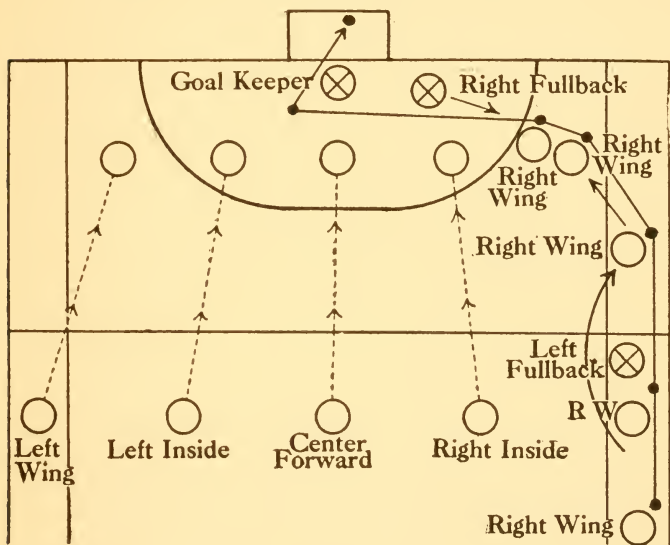
Positions on the Field

From the foregoing chapter on "The Game" (page 9), it has been seen that the work of the "forwards" is to attack the enemy's goal and to leave the defending play to their halves and backs. When the ball has passed through their line they must not go back into the line of their half-backs for it, but, keeping at a convenient distance, wait, on the *qui vive* to receive a pass from their halves should the enemy be robbed of the ball—and on taking the pass then instantly dash down the field. Brisk play and quick determination at this point is everything. Forwards wanting in "dash" give the enemy time to re-collect their defense. A careless position of the body while waiting for the pass loses time in getting away with the ball, and often results in the player "turning on the ball" or "making a back-handed stop or stroke" and so giving a free hit. As a general maxim, the left shoulder should be toward the opponents' goal and the pass be watched for over the right shoulder, the stick held ready to seize the ball the instant it is through the enemy's line. When taking the ball down the field to the opponents' goal all the forwards must be in a line with the one who has the ball, watching for passes, and carefully marking their enemies. On nearing the circle especially must the line be kept straight to prevent any breach of Rule 11. Once well past the enemy's halves, the pace down the field must be wisely judged by the one on the ball. Sometimes a run at "full tilt" is best, at others a steady pace holding in for sudden spurts. The latter is a good guard against breaking the "off-side rule" and acts as a decoy to draw out the full-backs. A "right wing" has the ball, by dribbling it steadily, draws out the left full-back, then zip! the ball is shot past on the enemy's left hand, the wing sprints past on the right, reaching the ball and before the disconcerted back can turn round and overtake her is nearing the goal; this will tend to draw the other full-back over to the left to help protect the goal, then a sharp pass to the point of the "inside left" should result in a quick shot goal by the latter.

Center forward is the most responsible position, she being the pivot round which the other forwards work. Selfishness must be unknown to her, for to keep the game open she must ever pass the ball out to the wing. After reaching the 25-yard line her passing should, as a rule, be to the inside players, so as to keep the ball well in front of the goal; but, should a wing be unmarked by the defense, a harder pass may result in a good goal. Though

not of necessity a quick runner, she must be quick and clever with her stick and at grasping the positions of her own players and her opponents. Finally she must be able to "shoot a goal," not an easy art, the impulse being to aim at the goal-keeper. Only practice enables one to see openings and shoot for them.

Inside Left and Right.—The inside players act as a pivot between the center and wings. Their play to be useful must be quick and they must be able to pass as easily to the right as to the left, always ready to help either their center or their wing.



quick to receive short passes from the halves and transfer them to the wing or the center, or if unguarded, the inside should make at once for the opponents' goal, dribbling the ball, and by drawing the enemy on her make a clear path for her wing or center. Above all things insides must be accurate and quick at "shooting a goal" as their opportunities in the circle are legion.

Right or Left Wings.—These must be quick runners and clever dribblers and be able to center the ball well; no easy matter, especially for the left wing, when going at full speed. They are generally able to make long spectacular runs down the field with

the ball, but their success in this depends: first, on their being able to receive the ball and take it down the field without stopping its onward progress; secondly, on being swift dribblers, and thirdly, knowing exactly the right moment to pass the ball, keeping it long enough to draw the opposing backs out from the goal yet making the pass before the back is near enough to cause a fumble or a wild hit, which sends the ball over the end line.

The path up the field for the wings should be between the 5-yard line and the side line, but when they near their opponents' goal they close in nearer the goal. When once in the circle they must work hard, the defenders being bent on sending the ball out at the sides of the circle, the wings must be ever ready to return it into the center or possibly to shoot a goal themselves.

Left wings should not often dribble unless they have an absolutely clear field, as when attacked they are not in an easy position to hit the ball in to one of their own forwards; their best plan on receiving a pass is to return it hard into the center. These passes are particularly difficult for the opposing backs to intercept. Wings sometimes take the "corner hits," though these are often taken by the half-backs.

When the opposing team has a corner hit, the wing on whose side of the field the hit is taken should be quick to rush on the ball, after the hit, and take it down the field.

Wings are responsible for not letting the ball out on the side lines when receiving a pass. Left wings can often save the ball from rolling out by using their hands or feet to stop it.

The Half-backs.—Their first duty is to "feed the forwards" by following them up the field and intercepting the passes of their opposing halves and backs. When the circle is reached they must be ever on the alert to return the ball to their forwards as it gets driven out and, if opportunity occurs, by a good clean drive to score a goal.

To "feed" their forwards successfully they must be clean and accurate hitters, and not hit the ball wildly through their forward line, but send it directly on to the stick of an unguarded forward. Halves should never dribble.

Their second duty is to tackle their opposing forwards, and, if passed, to turn and get in front to tackle again. These quick turns and twists are difficult and need much energy, resource and neatness to be effectual. When the lines of the full-backs are reached the halves must be ready to take passes for their forwards or to take the full-backs' position while they drop back to the goal. Halves must be strong and long-winded for, what with attack and defence, they are hard worked from beginning to end.

The half-backs take the "free hits" and can get great advantage for their team by hitting off before the other team has time to get into position.

Half-backs also take the "roll-in," and if clever at this can again also get great advantage for their own side, but their tactics must be thoroughly understood by their own players. In taking the corner hit, care must be taken to send the ball in with such speed and at such an angle that the opposing wing cannot intercept it; also not to invariably send the ball to one particular forward, as this will soon be marked by the defence.

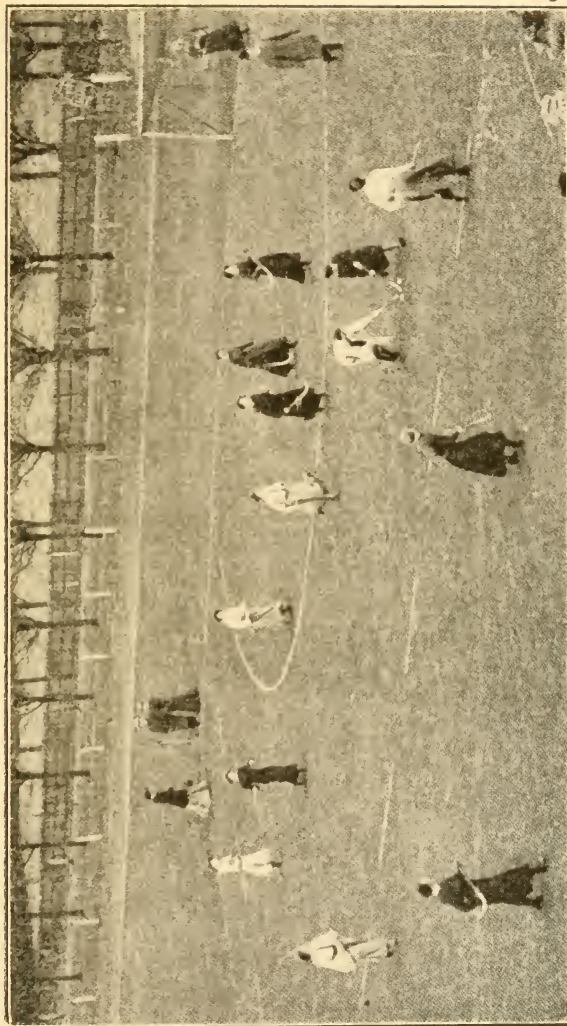
Center Half is perhaps the most hard worked of the eleven. She must mark the opposing center forward and center half and try to break up their passes to the wing. She must follow up her own center forward and yet quickly note which forward is in the best position to receive a pass. While prepared to help either right or left half she should not allow herself to be drawn too much to either side, which may be merely a trap of the enemy.

Right and Left Half.—Their first work is to feed their wing, but they must be able to pass hard to the opposite wing should they find their own wing carefully marked. In the circle they must be quick to see who is the best player to send the ball to for the final shot. Their defensive duty is to mark the enemy's inside and wing and half and intercept their passes and break up any "dribbling." The left half in tackling is in constant danger of breaking Rule 12—"crossing a player from the left so as to foul her," and must guard against this.

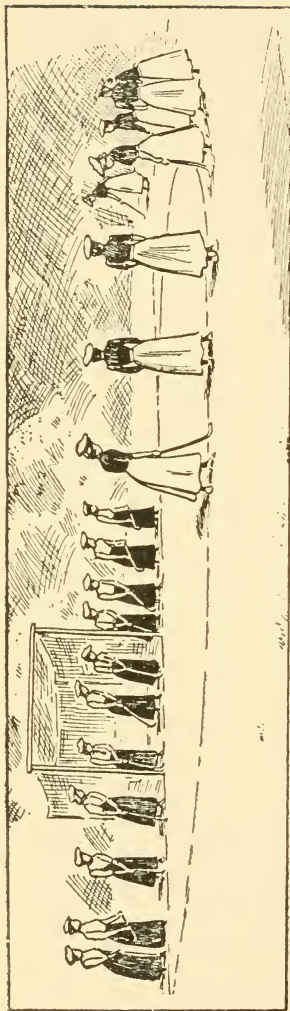
The Full-backs.—These must be persons of judgment and strong, reliable hitters. As a rule they should not stay too far down the field, but advance to meet the oncoming forwards, one ready to drop back into goal if the other is passed. They should, when possible, use their feet in stopping the ball and stop it before hitting, for backs above all things must be safe and certain, and never attempt risky play, for when once the ball passes them their goal is in great danger. When the ball is in the circle they should fall back and be indefatigable in their defence, hitting the ball to their right or left half-back and not across or in front of their own goal or giving a corner. Should the opposing team hit the ball over the end line the full-back should let it go over, as then it is taken back to the 25-yard line for a bully.

Goal-keeper.—The goal-keeper must be a person of iron nerve, able to meet the quick, sharp shots of the attackers without losing her head. Though not necessarily a runner she must be active in other respects; quick with her hands, feet and stick in stopping balls, and quicker still at striking them out right or

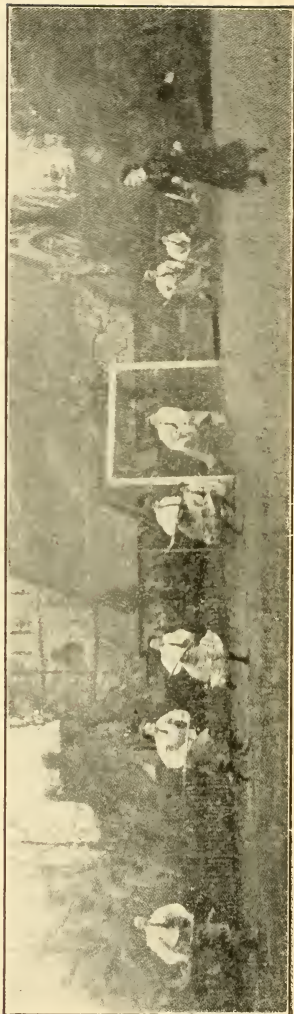
left, not forgetting she is privileged to kick, for a neat kick saves time in defence. Her best position is about two feet in front of the goal line, never on it or behind it, but should she see a safe chance she may come out to meet an attack, but must use the greatest caution and judgment. Although the goal-keeper's work comes by fits and starts, she will find it wise to be always watching and following the game closely from start to finish. In this way she learns her opponents' play and who particularly to mark when her time comes to protect the goal. Pluck, nerve and quick sight are essential; and though goal-keeping is weary, cold work during some parts of the match, in the discussion on the merits of the players which follows every match, left wing's brilliant runs and center forward's shooting will fall into insignificance in the applause awarded to the goal-keeper for having saved the last goal, which looked like a certainty, and so turned the tide of the game from defeat to victory.



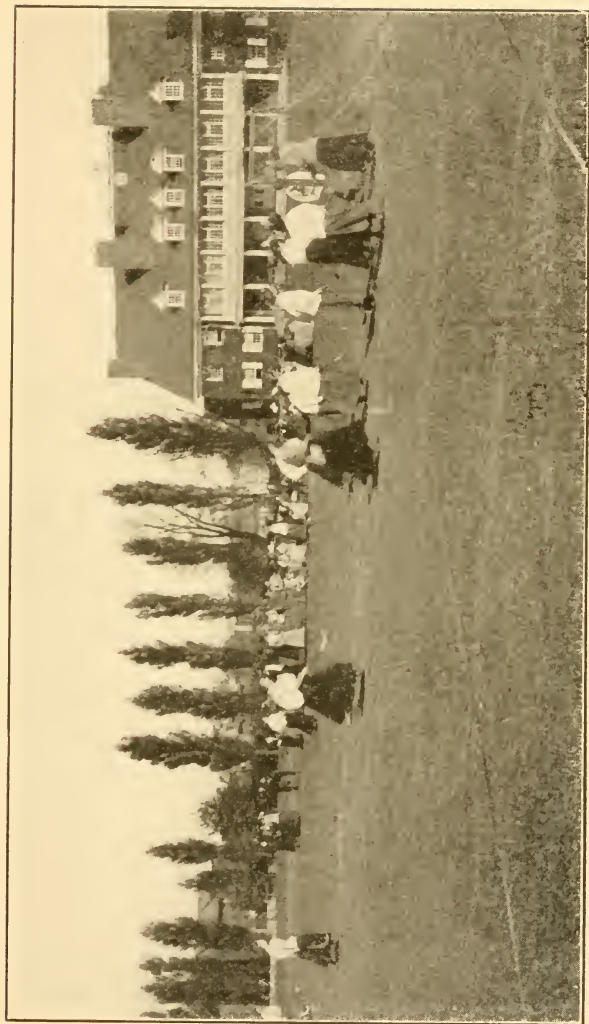
Left Half being tackled by the Right Inside Forward.



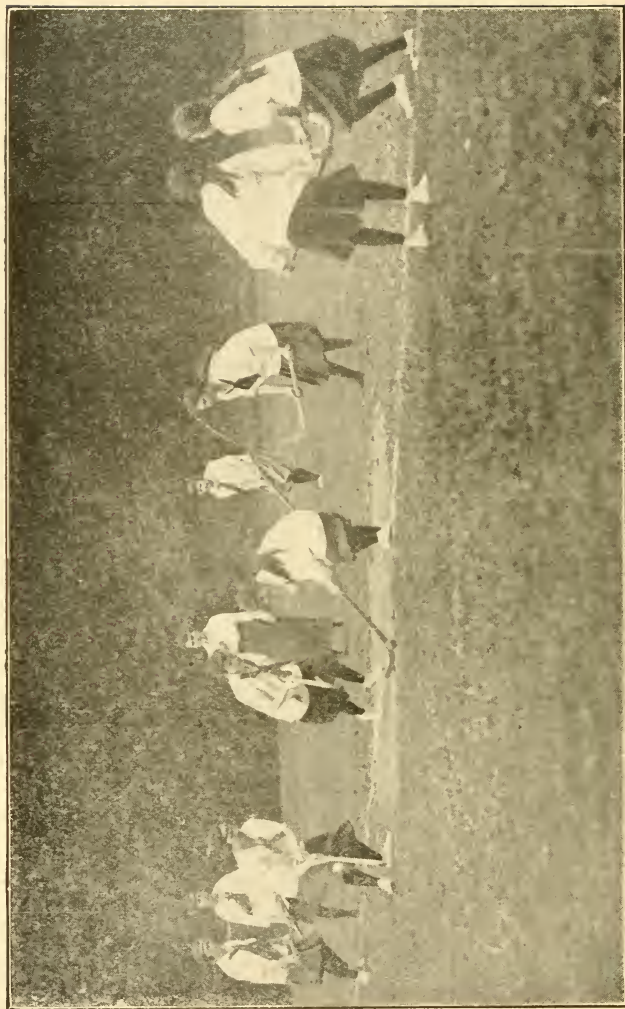
Positions of players, "A Corner Hit."



Defending team rushing in the field after a corner hit.



Sharp work at the goal.



Start of an Interclass Championship Game.

Photo by Underwood & Underwood, New York.

Coaching Beginners

The great fascination of hockey lies in the endless capabilities of development and variety of play in the game. Whilst at the outset it is interesting and exciting to the beginner, only the hockey player of a few seasons can tell of the ever widening and increasing possibilities which are constantly opening out both for individual and team work. With one brains of eleven trained players working, with combined team play and a diversity of individual strokes, for a given object, against eleven other players just as keenly and skilfully bent on defeating it, no two matches can be exactly alike, neither are they likely to suffer from monotony.

The difficulty for beginners is that there seems to be so much to learn about the game and so little time in the game to stop to think of what one has learnt. In training a new eleven there are two dangers. One is the training them to be quick at the expense of steady team play, the other is letting them train "too slow" and become lacking in quick thought and instantaneous and correct action. Fencers will more fully realize this. And in fencing and hockey, scientific, neat, quick play is a *sine qua non*.

Thus coaching beginners in hockey is no easy task, for with the exception of the goal-keepers all the players on the field must be kept moving briskly up and down the field though in their relative positions. To keep twenty people continuously and quickly moving sounds perhaps easy, but to keep each of these twenty individuals moving, exactly in the right place at the right moment, is one of the hardest trials of preliminary coaching.

As it is useless to let more than one player of each team be hitting at the ball at the same time, and yet every other player on the field must be kept covering her position, the coach has not only to follow the play of the ball, but also to watch the whole field and see that each player is moving with the play of the team as it advances or retreats up and down the field and is getting into position to receive the ball should the next stroke send it her way. Each player must learn the work that is required of her in her own position, and what is harder, to combine it with the work of every other player on the team.

The best introduction to the game for beginners is a talk on the game with blackboard illustrations, drawing a diagram of the field and the players in position at the start, and their approximate positions as the game progresses; explaining briefly

the general plan of the game, the special territory and work of each individual player, and drawing attention to the elementary fouls of Rules 12 and 13. Following this will come instruction in holding the stick when running and when hitting, laying stress on the proper plane for the stroke, the stick not being used in the vertical plane, but in a horizontal plane about the height of the knee, which gives a stroke somewhat after the manner of mowing with a scythe.

Following this will come the practice on the field. At first, after placing the two teams, with some distinctive badge by which they may be easily distinguished, it is a good plan to have one team sit down in their positions while the other forward line followed by their half-backs run down to the goal, holding their sticks correctly (see illustration). After returning to their places let the other team in their turn jog down the field to the other goal; after this let both the forward lines stand and run simultaneously in the direction of the opposing goal; this teaches the forwards their first play after the start of the game, which is to cross over the center line into their opponents' ground running past the other forward line.

After the game starts the coach will have to continually stop the play and get the players back into their approximate positions; when a free hit is to be taken for a foul it is an excellent opportunity for this, but it is well to stop the game whenever three or four players crowd on the ball, or if the ball is being hit wildly down the field and three or four of the players rushing wildly after it. The following points should be impressed on the team from the very beginning:

Forwards.—To dribble the ball when unguarded. *Never to hit the ball straight ahead* when not dribbling, but to pass it sideways a little in front of another forward and then to continue running in position, letting the other forward hit it next. *Not to dribble too long*, but to pass the ball before the opponent attacks. Always to stand in such a position that a pass from the half-backs can be easily received and the ball taken down the field without stopping its onward progress.

The forward line should also practice taking the ball down the field by short passes to each other and without stopping their run. Forwards must keep in line. It is a good plan to let the center forward be the guide and keep the others in line with her.

In the circle forwards must be taught to take the ball on the fly and shoot hard into the goal, aiming at the space the goal-keeper is not guarding, and after shooting to follow up the ball into the goal in case it requires another tap to send it over the line.

Each forward must be careful to keep her position in front of the goal, and if the ball is missed as a pass comes in from the wings or a half-back, not to crowd into the place of another forward and thus spoil her chance to shoot a goal.

Half-backs should be coached to hit swift balls directly to some unguarded member of their forward line and never to hit the ball wildly through the forward line, or to waste time dribbling the ball. To follow up their forward line in the attack right up to the edge of the circle, and to change their play quickly from attack to defence and vice versa. To be ready to receive the ball from the full-backs and pass it on to the forwards. To be quick to take the free hits and the roll-in and gain as much advantage as possible from them.

Full-backs should be coached to stop the ball before hitting it when they have time. To run up the field promptly and attack the advancing forward, and if passed to get back into goal quickly to help defend it. When defending the goal never to hit the ball across the front of the goal, but to send it out to the side of the field. To practice good team play with the half-backs and not run to hit the ball if a half-back is hitting it. Above all the two full-backs must play together well and back each other up; if one goes out to attack a forward, the other staying back to guard.

Goal-keeper should be coached to stand at least two feet in front of the goal line. To use her feet as much as possible in defending the goal both for stopping the ball and kicking it out. To use her hands for stopping all balls off the ground, but never to make a foul by throwing the ball. Not to run out from the goal, and not to stop fighting until the ball is entirely over the goal line and the whistle is blown.

Hockey Club Organization

A new game has always attractions for athletes and quickly gets its list of devotees. But field hockey, requiring the combination of so many players, is at the outset difficult to manage, and its success, both general and local, depends greatly on the energies and organizing capabilities of a few enthusiasts. Among the chief factors in the immense success and popularity of the game in England has been the union of town, school and college clubs in the forming of the "All England Women's Hockey Association." The first women's hockey club was formed near London in 1886, and until 1895 the game was played in various disconnected school and town clubs, and a few matches of local interest were played. On the formation of the association a considerable change took place. Big events in the shape of county, university and international matches were instituted, records of all clubs and their matches were kept, an annual report issued, followed later by the publishing of a magazine entirely devoted to the interests of hockey called "The Hockey Field," and a marked improvement in the standard of play and wider interest among the players resulted. Hockey became the national game for women, as cricket and football or hockey are for men.

Realizing the benefit of such an association, it was voted by the players to form a similar institution to be called "The American Field Hockey Association," for the affiliation of all clubs and for a headquarters where information about the game, clubs or matches can be obtained.

Not less important for the success of the game is the "organization" in the local clubs. Happy is the hockey club which can boast of an energetic manager and committee to pilot it through its first season's business and a tactful, sportsmanlike captain round whom the players will loyally rally, and one who can breathe into her team some of her own spirit of determination to play a good game against all odds. She will, in a match, give a losing team just that extra ounce of grit which may save the game or steady the exaltation of a winning team, keeping the work controlled and brisk up to the final whistle for "Time." A few words as to the relative duties of manager and captain, since both are often players on the first eleven, may not be amiss. Many new clubs get the reputation for rude and offhand behavior simply because neither manager or captain are quite sure as to who is the responsible person to take the lead on

various occasions; or, if the two offices are joined in one individual, as to what is expected of her.

The chief club duties of the manager are those of seeing that each member on joining receives a copy of the club regulations, is notified as to time and place of practice, and is introduced to the captain. She is responsible for the ground being kept marked and in condition, for balls being kept clean and repainted for plays, etc. Arranging the match schedule for the season for both first and second elevens, notifying the players before each match, providing umpires, and arranging for coaching will also fall to her lot. In fact the main responsibility for carrying on the affairs of the club on the lines laid down by its constitution rests on the manager, and on her the club depends for much of its prosperity and success, and for its popularity with the bulk of its members.

At a home match she and the captain share the duties of acting as hostesses to the visiting team, seeing to the arrangements for their comfort—for the providing for lemons for half time, and for afternoon tea or refreshments at the conclusion of the match. On the event of a match having to be "called off" the secretary of the home team should send early notice to the visiting team and to the home side. Endless vexations arise where the matter of "weather" and "condition of the ground" is not left in the hand of one judge. Unless notified to the contrary the visiting eleven feel bound to turn up, and the home side should be just as punctilious.

During the game, both at matches and practice, an elementary point of etiquette, which new clubs take long to realize, is that the captain's voice is the only one to be heard on the field, and, except when definitely coaching, which has to be done sometimes, it is not necessary for her to say very much. An occasional direction is often helpful and a little praise is most encouraging, but both lose their effect if given too frequently. To hear rival captains continually urging their teams is annoying and confusing for the players, and nothing gives a worse impression of a team, except perhaps a team in which *all* are shouting directions at each other and the captain's voice drowned in the general chorus. *But when the captain does speak her word must be law, on the field, to her team!*

In beginning a match, on the umpire noting the time, the home captain will toss for choice of goals; on the decision every member must at once go to her place; one of the umpires then puts the ball in the center, whistles, and the game starts, and until the whistle is again sounded the ball is in play and no player should stop for any other cause. On a goal being scored and announced by the umpire *the captain of the side scored against*

must be quick to start the clapping of her own side for the victorious foes. All through the game the captain, as representative of her club, must be as sportsmanlike and courteous as possible.

At the conclusion of the match each member of the home team should share in the responsibility of entertaining the other team as visitors and not view them as antagonists, as is sometimes the case, and the secretary and captain of the visitors, realizing that the various arrangements have entailed trouble and care on the part of the home officials should not be slow to make expressions of appreciation as spokeswomen for their eleven.

These and numerous other points, though trivial in themselves, neglected, bring disrepute not only on the club but also on the subject of "Women's Matches." No club is willing to accept or give a challenge when the remembrance of last season's play is not a pleasant one, whether it was a winning or a losing game. For it is not only the winning that a true lover of sport seeks in a match, but the keen interest of contesting woman against woman, skill against skill, in open, courteous play.

Many objections have been and are constantly being raised against school, college and club matches among women, but in England, at any rate, none of the supposed drawbacks have been found to exist, except in theory. The success which has attended the cause of women's matches and increased their popularity, to the gradual breaking down of prejudices, is due, not to the bold flying in the face of "Mrs. Grundy," but to the careful and judicious way in which they have been conducted, which has made a friend of her rather than a foe.

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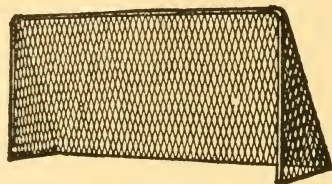
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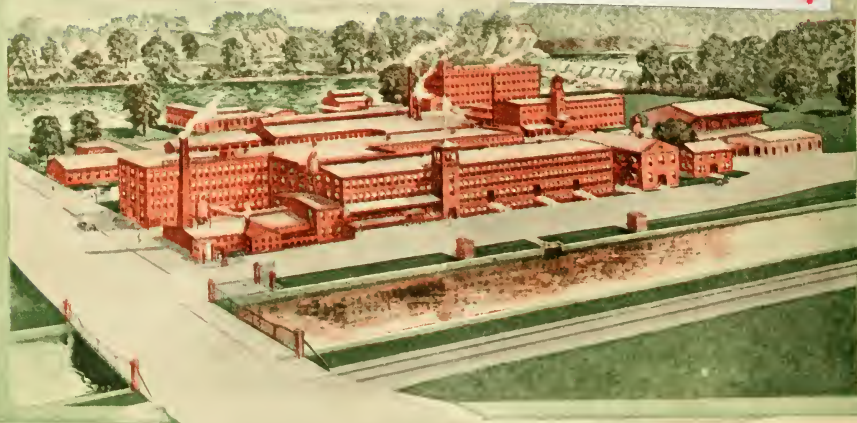
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